



**Announcing Launch of the First**

# **VIRAJA**

**HOLISTIC WELLNESS CAMP**

(As put together and  
announced by  
Pujyasri Swamiji on 26-04-2021)

**Date:**  
**From Sunday, 26<sup>th</sup> December 2021**  
**to**  
**Saturday, 1<sup>st</sup> January 2022**

**Location :**  
**SRI SWAMI**  
**CHIDBHAVANANDA ASHRAM**  
**Vedapuri, Theni.**





**VIRAJA** - means Becoming Free of Impurities(Klesha).

Pujyasri Swamiji called this Program Viraja, because this Holistic Wellness Program is about cleansing ourself of the Impurities at Mental, Physical and Intellectual level.

**Pujyasri Swamiji mentioned the following as Impurities at three levels**

- **Mental -Guilt, Hurt, Likes, Dislikes..**
- **Physical -Body being unfit physically due to incorrect lifestyle and improper use of Body. Lifestyle diseases are also included**
- **Intellectual -Wrong Notions about Ourself, Scriptures, Jagat, Iswara....**

All the above are responsible for a Person's Stress, Insecurity, Illness and thus not being able to Live Life Fully. Life becomes a Continuous Challenge and a Burden. One is alive but not living Life Fully, Happily and Healthy.

Pujyasri Swamiji's desire was to cleanse the impurities at all the three levels and making a Person Live life to his/her fullest potential.

**Viraja Program has been fully designed by Pujyasri Swamiji and had appointed VAIDYAYOGI SRI T.N. VENKATESAN, Former Senior Faculty of Krishnamacharya Yoga Mandiram, Chennai, as the Chief Acharya for this course. Swamiji had announced this in his last Public talk on 26th April 2021.**

As with all the Teachings of Pujyasri Swamiji, Viraja will also be based on our Scriptures(Sastra Pramana)

- It will be a Multi level course starting with the Basic Course.
- It will initially be a residential short term course, based in Vedapuri Ashram, Theni.
- Course will be for Seven Full Days.
- We will first Start the course in Tamil with English inputs.

**The course will include**

- **Sankalpasnanam, Japam, Homam**
- **Daily Yoga sessions (Asanam, Pranayamam)**
- **Daily meditation session**
- **Special prayer at Gosala**
- **Nama Japam and Vidyapitham Prarthana**
- **Pujyasri Swamiji's Recorded Classes**
- **Satsang**



It was Pujyasri Swamiji's long term desire to take this course to different parts of the World in different languages.

### **Specifics of the First Viraja Camp**

- Participants need to fill the Google form providing all the details.
- Course Acharya Vaidyayogi Shri Venkatesanji will contact each applicant and short list for the first batch.
- Applicants who cannot be accommodated in this batch will be prioritised for the next batch.
- Atmavidya students will be given preference - This is as per the guideline set by Pujyasri Swamiji.
- Yoga Mat, Towel, Small pillow, Water bottle, Notebook, Pen and Handouts will be given as a Camp Kit.
- Participants should bring Loose and Comfortable Clothes which fully cover the body(no shorts) and enable you to perform Asanas.
- Since there will be One Sankalpasnanam in the river, participation in Homam and other Pujas, participants should carry clothes to suit all these functions.

### **CAMP CONTRIBUTION**

- **Rs. 12000** per Participant for the stay, food and all other arrangements in the Ashram. The camp contribution should be paid immediately after the finalization of the list of participants. This may be paid before 10<sup>th</sup> December 2021.
- Special Sattvic Diet will be provided throughout the Camp. Interested persons can Register by clicking the below Google Form.

<https://forms.gle/iLNnbHU8KRqGLLbe6>

- **Last Date for Application Submission: 30<sup>th</sup> November 2021**
- **Personal Conversation with Camp Acharya will be done through a WhatsApp Call, starting 22<sup>nd</sup> November till 4<sup>th</sup> Dec 2021.**
- **Final list of Candidates will be shared on 5<sup>th</sup> Dec 2021. The Participants to remit their Contribution by 10<sup>th</sup> Dec 2021.**
- **Candidates to arrive latest by 6 pm 25<sup>th</sup> December 2021, and Depart after 8 pm 1<sup>st</sup> January 2022 or can depart on 2<sup>nd</sup> January 2022**

For further Details Mail to [swamiomkarananda@gmail.com](mailto:swamiomkarananda@gmail.com).

[www.vedaneri.org](http://www.vedaneri.org)